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# VOLUNTEER HOMEMAKERS



*A former EFNEP homemaker welcomes a neighbor to her home for a nutrition meeting that an aide will conduct. As a volunteer, she locates homemakers for the aide to visit, sets up meetings, and serves as chairperson of a community advisory group.* (0173X87-3)

A new kind of volunteer is joining the USDA's Extension Service. All across the country, thousands of homemakers are "graduating" from Extension's Expanded Food and Nutrition Education Program (EFNEP)—a special instructional effort in which paid aides teach low-income homemakers how to feed their families more nutritious meals—and joining the traditional Extension program as volunteer leaders. Many express the feeling that they have gained so much from the program, they want to learn more and teach others.

Some volunteers assist aides in teaching nutrition to adults and youth. Others take Ex-

tension sewing courses and become volunteer sewing teachers. Volunteers in some areas serve on advisory committees made up of EFNEP homemakers, aides and Extension professional staff members.

Since its origin in 1914, the Extension Service—the educational arm of the U. S. Department of Agriculture—in cooperation with State land grant universities, has depended on volunteer leaders to help its professional staff carry an educational message to thousands of families that would otherwise not be reached. Now—with the new EFNEP volunteers—Extension is able to contact more hard-to-reach, low-income families.



An EFNEP volunteer (left), formerly enrolled in the program, teaches these young girls how to prepare a nourishing homemade soup. (1172X1474-30)



This class on dressmaking is conducted by two former EFNEP homemakers (far left and far right), who now serve as volunteer sewing teachers. (0173X90-2)

A youth group is being shown how to prepare nutritious and economical pizza at home by a volunteer—a former EFNEP homemaker (second from right)—serving as an instructor in this cooking class. (1172X1474-20)

